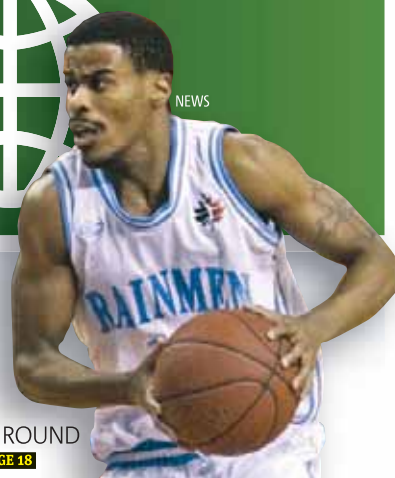


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NEWS



## Taking stock of 'where we need to go'

Halifax commemorates International Women's Day **PAGE 3**

## If you can't stand the heat...

You're probably not Lauren Marshall, Top Chef Canada's Nova Scotian contender **PAGE 5**

## RAINMEN WON'T GO AWAY

HALIFAX UPSETS SAINT JOHN IN FIRST ROUND OF NBL PLAYOFFS **PAGE 18**



# 'Miracle' at IWK hospital



Robin Cyr visits with her newborn baby girl in the neonatal intensive care unit at the IWK Health Centre on Sunday. JEFF HARPER/METRO

**Baby girl.** Mother says child recovering after being declared dead



**RUTH DAVENPORT**  
ruth.davenport@metronews.ca

Robin Cyr's fourth child has already packed a lifetime's worth of emotional turmoil in her first 28 minutes in the world.

Cyr, 34, was told her baby girl had died just after being born in the IWK Health Centre around 3 a.m. Saturday.

But shortly after getting the devastating news, a stuttering, breathless nurse rushed back into the room to say the baby had started breathing again.

"My aunt was there, and it's a blessing because her prayers are very deep and strong," said Cyr on Sunday, speaking in a whisper through tears. "When she started praying, my baby came back."

The big baby girl — who weighed nine pounds 14 ounces — got wedged in the birth canal during the delivery. Once she was born, Cyr lay on the bed waiting for 25 minutes for any sign of life.

### Quoted

"The (surgeon) came in; he said, 'I've never seen nothing like this before in my life.' He said, 'You read about this stuff ... but I actually experienced a miracle today.'" Halifax resident and mother Robin Cyr

"My aunt looked at me and said, 'Your baby girl's gone,'" she said, adding the baby's body was taken out of the room after being declared dead. "Another nurse came over, two minutes later ... she couldn't talk. She was speechless, and another nurse came over and said, 'Your baby's breathing.'"

A flummoxed surgeon told Cyr's family that he had no explanation for the seemingly impossible recovery.

"He said it's a miracle," said Cyr. "He said, 'I'm very sorry I gave up on your baby when I did, because I turned around and she's breathing on her own.'"

The chubby little girl — with an impressive shock of dark hair — is now breathing on her own in the neonatal intensive care unit, and looks like any other healthy newborn baby.

Cyr's family and friends say they're still processing the miracle that trumped the miracle of birth.

"The way the story progresses, by the time you get halfway through, you don't want to hear the rest, you're like, 'I'm done. This is not going to end well,'" said godfather Nevel Carvery. "Then to have it end the way it ended, it's a roller coaster."

Cyr had a name picked out for the baby, but said that will likely have to change.

"Everybody just keeps saying, 'Miracle, Miracle,'" she said.

A review is underway to determine what, if any, explanation there may be for the baby's apparent resurrection — but Cyr says she knows the answer.

"All I can say is, hand of God," said Cyr. "That's what everyone's saying. She's here for a reason. God brought her back for a reason."

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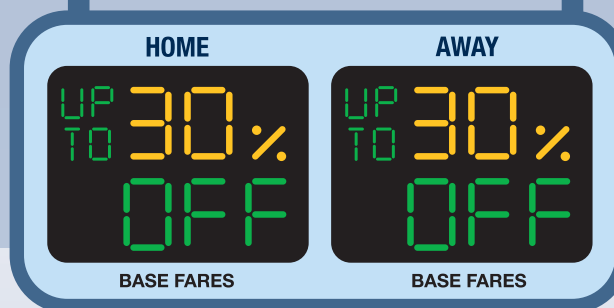
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Kevin Farren

## Cops still seeking public's help two years after murder

Major crime investigators in Halifax are continuing to ask anyone with information about the murder of a 61-year-old Waverley man two years ago to come forward.

Kevin Farren was found dead inside a Portland Hills home around 2:30 a.m. on March 9, 2012, after police received reports of a commotion in the house at 56 Havenbrook Hill.

"My brother was such a quiet, kind person, it's just hard to wrap your head around how his life could ever have ended in such a violent way," Faith Brennan, one of Farren's sisters, told Metro last year on the one-year anniversary of the killing.

Farren was an accountant working in the home office of his employer at the time of his death. The homeowner was out of town at the time.

Two people were arrested shortly after the murder but were released without charges. There have been no arrests since.

Police have said there's no evidence to suggest the murder was the result of a home invasion. They won't say if the incident was random or not.

Farren is survived by his mother, two brothers, and three sisters. **METRO**

### Still looking for answers

"It's just hard to wrap your head around how his life could ever have ended in such a violent way."

Faith Brennan, one of Farren's sisters



Cathy Martin plays a drum in honour of Loretta Saunders during an International Women's Day rally in Halifax alongside Monique Fong, left, and Renée Masching. GEORDON OMAND/FOR METRO

# Halifax commemorates 'tough year for women'

**International Women's Day.** Sexist chants, Loretta Saunders murder serve as reminders

GEORDON OMAND  
halifax@metronews.ca

As she spoke to the people gathered in Halifax's Grand Parade on Saturday, Monique Fong had a message for her two daughters in the crowd.

"It makes me proud to stand here ... and role model for them what it means to be a proud aboriginal woman."

Pride and resilience were strong themes at the down-

town Halifax square Saturday afternoon, where dozens of people gathered to mark International Women's Day.

Despite what she said was a "tough year for women" — from recent incidents of sexist behaviour on university campuses to Loretta Saunders' death — NDP MP Megan Leslie described Saturday's event as "inspiring."

"We are here to take stock of the things we've achieved and we're also here to take stock of where we need to go," said the member of Parliament for Halifax.

According to Leslie, that includes an inquiry into missing and murdered aboriginal women and moving towards pay equity in the workplace.

Cathy Martin played the drum and sang for the crowd in honour of aboriginal women, and more specifically Loretta Saunders, a 26-year-old Saint Mary's University student whose high-profile killing has strengthened calls for the federal government to launch an inquiry into missing and murdered aboriginal women.

"Women are under attack," warned Dawn Ferris, rally organizer and vice-president of women's issues with the regional labour council.

"It's a good day to come together and not only cele-

brate how far we've come — because we have come far — but to talk about how much further we've got to go."

"I think some people just assume feminism isn't necessary anymore," said Elizabeth Stoughton, a 20-year-old Dalhousie University student from the U.S.

"(But) it's completely necessary. It has a negative connotation, (but) it's more human rights than just women's rights."

Dalhousie student Maddie Hare, 19, attended the rally to combat the view that feminism is extreme.

"People think you might be a bit radical, (but) we're here to show that we're just normal girls," said Hare.



Loretta Saunders  
CONTRIBUTED

1 NEWS



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## McAlpine. Wanted man in abduction case found

Police have arrested a man they say was on the run since last weekend for his alleged involvement in a Halifax-area abduction.

Daniel Angus Ryan, 20, faces nine weapon-related charges, as well as aggravated assault, assault with a weapon, kidnapping, unlawful confinement, uttering threats, extortion and robbery.

Police responded March 2 to a call from a home on McAlpine Avenue by a 19-year-old man claiming to be held against his will. The man made his way out of the residence to waiting officers and was taken to the hospital where he was treated for non-life-threatening injuries.

Two 16-year-old boys and a 16-year-old girl face numerous charges in relation to the incident, which police say was not random.



Daniel Ryan  
COURTESY HALIFAX REGIONAL POLICE

Investigators are still looking for 21-year-old Robert Roech Chan of Halifax. They describe him as a black man, six-foot-one, weighing 170 pounds, with short black hair and brown eyes.

Police consider Chan armed and dangerous, and are warning members of the public not to approach him. **METRO**

## Snowmobile crash. Woman dies from injuries

A 43-year-old woman involved in a snowmobile crash in Sackville has died. RCMP say the woman, who was driving the snowmobile, crashed into a concrete retaining wall near shore after crossing Springfield Lake in Middle Sackville on Saturday evening. The Lower Sackville woman and a female

passenger were ejected from the snowmobile and taken to hospital.

The driver died Wednesday. The female passenger was treated for minor injuries and released from hospital.

Police have not identified the driver at her family's request. **THE CANADIAN PRESS**

## Red light. Woman charged in pedestrian crash

A 19-year-old woman has been charged with failing to stop at a red light in a two-vehicle collision at a north-end Halifax intersection. The incident — which happened in December — sent two pedestrians to hospital with serious but non-life-threatening injuries.

According to police, on Dec. 11 around 2 p.m., a woman was driving on North Street when

she ran a red light at the intersection with Agricola Street and struck another vehicle.

The collision caused her car to spin out of control and hit two people, aged 37 and 44, pinning one against a utility pole. Both had been on the sidewalk. Police issued the driver a ticket for failing to stop at a red light, which can carry a \$169.91 fine and two demerit points. **METRO**

## Downtown. Woman struck by vehicle in crosswalk

A 23-year-old driver has been ticketed by police in Halifax's latest incident involving a pedestrian being hit in a crosswalk.

Police say at 3:50 p.m. Sunday, a woman in her 50s was struck by a car in the crosswalk on Spring Garden Road by the Halifax provincial courthouse.

The victim was taken to hospital by ambulance with non-life-threatening injuries.

The female driver was issued a ticket for failing to yield to a pedestrian in a crosswalk.

There have been 34 pedestrians hit in crosswalks this year. **THE CANADIAN PRESS**



## Court upholds conviction of condom-piercing boyfriend

The Supreme Court of Canada has unanimously upheld the sexual assault conviction of Craig Jaret Hutchinson, pictured, a Nova Scotia man who tried to trick his girlfriend into becoming pregnant by poking holes in her condoms. Hutchinson was sentenced to 18 months in jail in December 2011 after he pierced his girlfriend's condoms with a pin in 2006 so she would get pregnant and not break up with him. In Friday's 7-0 ruling, the high court ruled that Hutchinson deprived the woman of her ability to consent to sex.

THE CANADIAN PRESS FILE

# Driver accused of sexual assault

**Metro Transit.** Police say victim was a regular Access-A-Bus passenger

### Quoted

"I can't articulate how extremely disturbed we are from this situation."

Eddie Robar, director of Metro Transit

**GEORDON OMAND**  
halifax@metronews.ca

Metro Transit has suspended a longtime employee after Halifax police charged the bus driver with repeated counts of sexual assault against a person with disabilities while onboard an access bus.

Officers arrested a 66-year-old male driver at work Thursday afternoon following complaints from a 35-year-old woman living in Cole Harbour that she had been sexually assaulted on several occasions while travelling on a Metro Transit Access-A-Bus.

The driver faces seven counts of sexual assault, sev-

en counts of unlawful confinement and seven counts of sexual exploitation of a person with disabilities.

According to Metro Transit director Eddie Robar, the employee had been driving the Access-A-Bus for 18 years.

Robar declined to release the driver's name, but said he had been suspended with pay pending the conclusion

of an internal investigation.

"We take safety extremely seriously, especially of our passengers," said Robar.

"We will be doing a full-scale review of all of our policies and procedures coming out of this."

The internal investigation should be complete in a matter of days, added Robar.

"The one thing I'd like to assure the public of is that we are going to move that process swiftly," added Robar.

The driver was released from custody and is scheduled to appear in Dartmouth Provincial Court on April 16.

## Teen seriously injured after fall from cliff

A teenage girl was recovering in a Halifax hospital Saturday after she fell over a 20-metre cliff in Glace Bay.

Cape Breton Regional Police said a 17-year-old girl and a 16-year-old boy were walking in an area of West Street that overlooks the ocean around 9:30 p.m. Fri-

day when the girl slipped and went over a cliff.

Staff Sgt. Reg Hutchings said fire crews rappelled down the cliff and used a carrying cage to hoist the injured girl back to the top.

"It's a quite a drop," said Hutchings, adding that the girl had landed on an ice

surface.

The teen was at the bottom of the cliff for about an hour before being rescued, said Hutchings.

He said she was taken to a Cape Breton hospital with serious but non-life-threatening injuries and was later airlifted to a Halifax

### Conditions

Police say it was dark and cold at the time of the accident, but weather conditions were clear.

hospital. **THE CANADIAN PRESS**



# Heat is on for Nova Scotia chef in Top Chef Canada

## Culinary competition.

Mount Uniacke's Lauren Marshall to cook against the country's best

A career in cooking has taken chef and travel enthusiast Lauren Marshall clear across the globe, from New England to the Rocky Mountains, Belize to Australia.

But most recently, it has brought her right to the apex of Canadian cooking and into culinary combat with some of the country's top kitchen masters.

The 27-year-old woman — originally from Mount Uniacke — is one of 14 chefs set to compete against one another in Top Chef Canada, a reality cooking show that

kicks off its fourth season Monday on Food Network Canada.

"It's going to definitely be one of the most exciting seasons that has aired yet," said Marshall.

"There's lots of fire and heat and yelling and stress and excitement and not a dull moment."

A "huge fan" of the show herself, Marshall — who worked for two years as head chef at the gourmet pizzeria Morris East in Halifax — applied to Top Chef Canada last June.

"I threw a video together not thinking much," she said.

"As much as I love keeping hidden in the kitchen I also love putting myself out there."

The East Coaster — who had never been involved in a culinary competition before — was accepted and headed

to Toronto soon afterwards for filming.

"It was a wild experience but it was also really eye-opening.... I gained so much confidence in myself," she added.

"It's priceless."

Marshall first started cooking when she was 17 and attended the Canadian Culinary Institute on Prince Edward Island.

She credits her grandfather, a travel-friendly chief cook with the Canadian Navy, with inspiring her career path.

Besides working as chef de cuisine at EnVie, a vegan restaurant in Halifax's north end, Marshall teaches cooking classes at Superstores across the city and is completing her training to become a registered holistic nutritional consultant.

As for how Marshall fared in the competition: "No com-



Twenty-seven-year-old Mount Uniacke native Lauren Marshall is one of 14 chefs set to compete against one another in Top Chef Canada. COURTESY THE FOOD NETWORK

ment," she said, laughing.

The winner of the competition takes home \$100,000,

as well as a new kitchen valued at \$30,000, \$25,000 for its custom installation and

the prestigious title of Canada's Top Chef.

GEORDON OMAND/FOR METRO



Sylvia and Jim McNutt of Oxford  
CONTRIBUTED

## Oxford couple pick up \$1M cheque after lotto win

A couple in Oxford says they are looking forward to being debt-free and having peace of mind after they picked up a cheque for \$1 million on Friday.

Jim and Sylvia McNutt won

the Atlantic Lottery's Feb. 28 LOTTO MAX draw for MaxMillions.

"I'm not retiring yet, but it's nice knowing I'm financially secure," said Jim in a press release.

The couple said they plan to use the money to do some landscaping, pave the driveway and install an in-ground pool for the kids.

Besides a few modest indulgences the pair said they

will simply enjoy seeing the healthy bank account balance from now on.

"And I'm going to push that ATM balance button occasionally to see it," said Sylvia.

It's the second winning lot-

tery ticket bought for the Feb. 28 LOTTO MAX draw. A winning ticket for \$1 million was also purchased in Halifax by Tanya Jimmy of Onion, Sask., who was in town for a work conference. **METRO**

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## Michelin. Municipal, business leaders to respond to job losses

A team of community leaders is being assembled in Pictou County to respond to the fallout of job cuts at the Michelin tire plant.

Sean Murray, the chief executive of Advocate Printing and Publishing, will co-ordinate the group of municipal and business leaders from the area.

Economic Development Minister Michel Samson said Friday he's looking for ideas from the group on ways to expand economic activity in northeastern Nova Scotia.

"They'll be able to talk about some of the challenges and more importantly some of the opportunities and solutions to address the loss of jobs in Pictou County," he said.

Samson and two other provincial cabinet ministers met with local municipal and business leaders Friday in Pictou to discuss Michelin's plans to cut the workforce at its plant in Granton by 500 people.

Samson said existing government programs along with a low-interest loan program set up by Michelin to help local entrepreneurs will be available to assist businesses get started in the county. **THE CANADIAN PRESS**

# March Break hot spot to bring 'wide-eyed delight'

**Fun times ahead.**

From pirates to kangaroos, lots for parents, kids to do

**DESERIE MURPHY**  
halifax@metronews.ca

Ahoy matey, chocolate treasure is awaiting you at a downtown Halifax port.

Looking for something to do with your kids over March break? Head down to the Maritime Museum of the Atlantic on Lower Water Street for the Legends and Lies: Pirates of Nova Scotia exhibit.

The program allows kids to learn through interactive adventures about what a pirate's life was like in the golden age of piracy.

"We think the reaction will be what it's always been — wide-eyed delight," said supervisor and heritage interpreter for the museum, Richard MacMichael. "Pirates are one of these things that just seem to be infinitely fascinating, and I think it always will be."

MacMichael said throughout the week, visitors can meet Merlin the museum parrot and then begin a journey doing tasks matching a pirate's life.



Jenny Nodelman of the Maritime Museum of the Atlantic poses with a pirate volunteer to help promote the Legends and Lies: Pirates of Nova Scotia exhibit going on during March Break. **DESERIE MURPHY/METRO**

That includes stowing hammocks, tidying up the deck, gun drills and plotting a course on a chart.

"The seven action-packed stations are where people can do some really fun activities and at the end of the day you get some chocolate coins," said MacMichael. "It's hands-on, it's tactile and you get to learn some pretty interesting stuff here."

Museum workers are also

role-playing, wearing everything from a scurvy pirate's outfit to something resembling a privateer uniform. Visitors are also encouraged to dress up in their best pirate gear for the many photo stations on site.

"Walking the plank is being kept to the minimum," joked MacMichael. "Risk management and our occupational health and safety committee basically forbid us."

### March Break ideas

Here are some other kid-friendly spots you may want to check out:

- Discovery Centre and its Animal Grossology interactive tour.
- Museum of National History: Little Ray's Reptile

Zoo featuring Jack the Kangaroo and the program Bugs: Outside the Box.

- Ross Farm Museum and Shubenacadie Wildlife Park are both open during March break.

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## Syria. Bomb kills Toronto freelance photojournalist

A Canadian freelance photographer was killed in the northern Syrian city of Aleppo on Sunday, his sister and activists said, the latest journalist to be killed covering a brutal war that has become the deadliest place in the world for them to operate.

Ali Mustafa died along with seven others when government aircraft dropped crude bombs and one exploded where he was standing with firefighters in the



Ali Mustafa  
TWITTER

rebel-held Hadariyeh area of Aleppo city, said an activist who identifies himself as Abu al-Hasan Marea.

Mustafa's sister, Justina Rosa Botelho, confirmed her 29-year-old brother's death after activists sent her a

photograph of his corpse. Mustafa was born in Toronto, the son of Pakistani and Portuguese immigrant parents.

THE ASSOCIATED PRESS

### Referendum

## Separatist vote in Crimea March 16

Russian President Vladimir Putin on Sunday defended the separatist drive in the disputed Crimean Peninsula as keeping with international law, but Ukraine's prime minister vowed not to relinquish "a

single centimetre" of his country's territory.

Over the weekend, the Kremlin beefed up its military presence in Crimea, a part of Ukraine since 1954, and pro-Russia forces keep pushing for a vote in favour of reunification with Moscow in a referendum the local parliament has scheduled for next Sunday.

THE ASSOCIATED PRESS

# Few countries use stolen documents database



A relative of passengers on the missing Malaysia Airlines jet cries in a hotel in Beijing, China, on Sunday. ANDY WONG/THE ASSOCIATED PRESS

## Malaysia Airlines.

Interpol has sounded an alarm on this for years; it has 40 million stolen or lost travel documents on file

Interpol knew about stolen passports that two passengers used to board an ill-fated Malaysia Airlines flight bound for China, but no country checked the police agency's vast database on stolen documents beforehand, it said Sunday. Interpol said it hopes authorities will "learn from the tragedy."

It's not known whether stolen passports had anything to do with Saturday's disappearance of the Boeing 777 bound from Kuala Lumpur, Malaysia, to Beijing with 239 people on board. But such oversights aren't new. Last year, passengers boarded

## Mystery of flight MH370

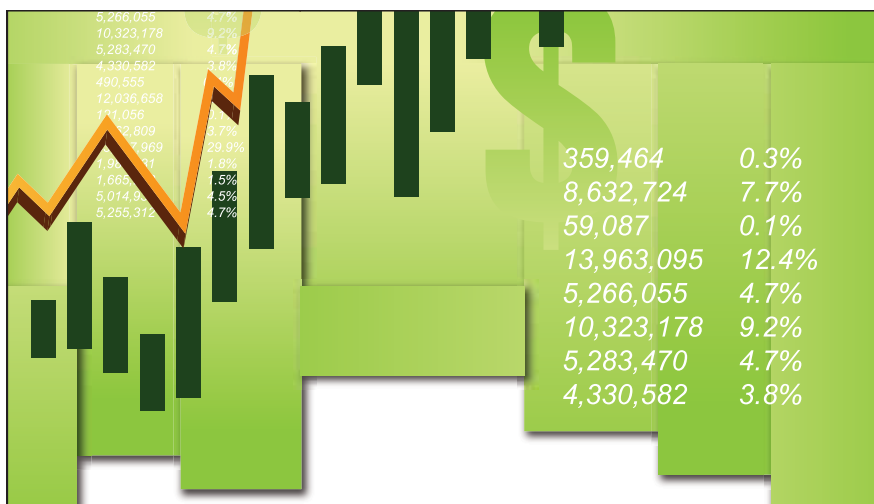
Vietnamese authorities searching waters for the missing Boeing 777 jetliner spotted an object Sunday that they suspected was one of the plane's doors as international intelligence agencies joined the investigation into two passengers who boarded with stolen passports.

- The jet lost contact with controllers between Malaysia and Vietnam.

planes over a billion times without their passports being checked against Interpol's database of 40 million stolen or lost travel documents, said the organization.

Interpol just last month said that "only a handful of countries" regularly use its stolen or lost documents database.

THE ASSOCIATED PRESS



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# Ottawa couple suing feds for \$6.5 million worth of weed

**Medical marijuana.** With prices expected to skyrocket under new rules, a man and his wife want government to cover them for 40-year supply of pot



**TREVOR GREENWAY**  
Metro in Ottawa

An Ottawa couple who uses medical marijuana are suing the federal government for a combined \$6.5 million — a projected figure of what it will cost them to stay medicated for the next 40 years when Health Canada changes rules to its Medical Marihuana Access Regulation.

Russell Barth consumes about 16 grams of pot every day to manage pain related to his fibromyalgia symptoms, as

well as post-traumatic stress. Barth and his wife, Christine Lowe, who suffers from epilepsy, say they have a designated grower, an arrangement that allows them to stay medicated for far less than it will cost them under the new rules.

While he did not disclose how much he spends a year, he said a friend of his grew a year's worth of marijuana in a single summer at a cost of \$500.

When Health Canada changes come into effect at the end of the month, Barth and his wife won't be able to afford the up to \$15 a gram they will be forced to pay from commercial growers. The changes will also force Barth to destroy all the pot he already has — about 78 plants and 3.5 kilograms of dried marijuana that he says is worth more than \$130,000.

His statement of claim gives the Crown three options: Remove cannabis from the Controlled Drugs and Substance

Act (CDSA) for everybody, grant him and his wife an exemption from the CDSA or pay them the money so they can afford to medicate themselves in the future. Ideally, Barth wants marijuana to be legal for everyone. He sees a market of cheap or free pot under those circumstances.

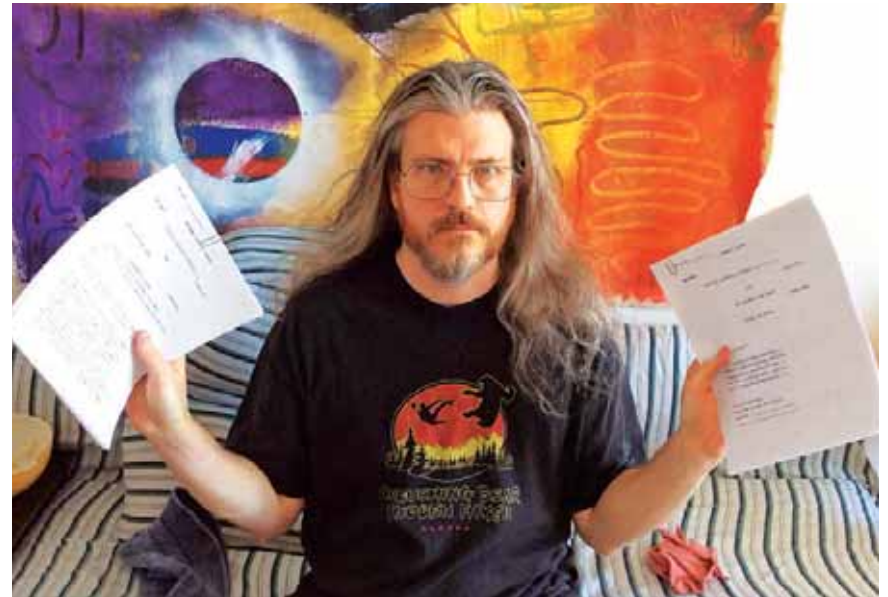
"Pot should be sold in supermarkets," he said. "Pot should be as legal as coffee and chocolate, not tobacco and alcohol."

The new rules, which come into effect March 31, will no longer allow medical marijuana patients to grow their own pot or use designated growers.

Instead, patients will have to buy from licensed large-scale producers at a much higher cost, and that doesn't sit well with Barth.

"It's absolutely terrifying," he told Metro Sunday.

"Every day I feel like I am wrestling with a robot."



Russell Barth and his wife, Christine Lowe, are suing the federal government for \$6.5 million so they can afford to use pot as medicine when Health Canada changes rules to its Medical Marihuana Access Regulations. CONTRIBUTED

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## Separatist dreams. Former head of Quebecor to run for PQ in provincial election

Media baron Pierre Karl Peladeau shook up the Quebec election campaign on Sunday, announcing he's decided to run for the Parti Quebecois.

Flanked by PQ Leader Pauline Marois, Peladeau told a news conference he's worked to build up media giant Quebecor over the past 25 years and now wants to devote himself to public service.

He said his dream is to help Quebec become a country.

"Quebec has all the

means to succeed. We have financial resources, we have human resources, we have natural resources," Peladeau said in Saint-Jérôme, north of Montreal, where he will run for a seat in the April 7 election.

"We've got everything (we need) for a country to be alive and kicking."

Peladeau rejected suggestions his entry into politics could represent a conflict of interest, given his powerful presence in the province's media landscape.

**THE CANADIAN PRESS**



Pierre Karl Peladeau at a press conference in Saint-Jérôme, Que., on Sunday.  
GRAHAM HUGHES/THE CANADIAN PRESS

**Lev Tahor**

## Nine members of Jewish sect have returned to Canada: Police

Police say nine members of a fringe Jewish sect who left the country amid child custody proceedings only to be stopped in Trinidad and Tobago have now been returned to Canada.

Peel police Sgt. Dave Housdon says the Lev Tahor members landed at Toronto's Pearson International Airport Saturday night, and the six children were placed in the care of the Children's Aid Society.

The three adults were being processed by the Canada Border Services Agency, he added.

A spokeswoman for the agency said CBSA "continues to work closely with local law enforcement agencies on this case," but wouldn't say whether the three had been released.

About 200 members of the sect — 114 of them children — settled in Chatham, Ont., last year after uprooting from Ste-Agathe-des-Monts, Que.

**THE CANADIAN PRESS**



## Sexism. WestJet writes its own love note to women



WestJet wrote their own note supporting female pilots. YOUTUBE.COM

There's plenty of room for women in the cockpit, the air-traffic control centre, even on the airport tarmac.

That's the message behind a new video produced by Calgary-based WestJet that aims to fuel positive discussion in the wake of a sexist note written by a passenger targeting one of the airline's experienced female pilots.

While aboard a Calgary to Victoria flight, "David" wrote that the cockpit of an airplane is "no place for a woman," and asked the airline to inform him next time a female pilot was at the helm so he could book another flight.

But the pilot who claimed

she was targeted by the note, 17-year aviation veteran Carey Steacy, fired back on Facebook.

WestJet was quick to condemn the passenger's remarks and later created a video showcasing women in various roles of the aviation world — Steacy herself even makes a cameo.

WestJet spokesperson Robert Palmer said the video aims to turn the discussion away from the sexist note to "something more positive."

"The message is that not only do women belong, we need more of them in aviation and here are some of the roles women are currently performing."

JEREMY NOLAIS/METRO IN CALGARY

# Bank of Mom and Dad must bone up on RESPs



Sending your kid to lectures like this isn't cheap. THE ASSOCIATED PRESS FILE



HOW TO ROLL  
Alison Griffiths  
metronews.ca

Rachel Canning, an 18-year-old from New Jersey, has just lost the first round in a lawsuit against her parents over financial and educational support after they booted her from the family home, citing her bad behaviour.

But imagine if the disgruntled teen had sued them because poor investing decisions robbed her of the opportunity to attend university.

It seems ridiculous. On the other hand ...

An RESP (registered education savings plan) isn't a child's right. But once parents start one it behooves them to pay attention. Many kids contribute to their own RESPs with summer or part-time earnings, giving them an even bigger stake in the outcome.

An annual deposit of \$2,500

will attract the maximum Canada Education Savings Grant of \$500 yearly. Even if the money earns no interest, it will amount to \$57,000 after 18 years.

A modest, annually compounded return of three per cent would boost the bottom line to over \$76,000. That's a nice chunk of change.

Now suppose parents buy some really stinky investments and the education fund is eviscerated. Should they be held responsible?

Or what if parents put all the money into the stock market without the safety of cash or bonds? If it's early 2008, their offspring stand to lose 40 to 50 per cent of their education money in the September crash.

It would be interesting to see what a court would say if a child were to sue parents for financial neglect in either situation.

It might never happen, but the point is, you can't just contribute to an RESP and ignore it.

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# EMERA'S BLOATED PAY INCREASES

Forget for the moment whether last week's Emera executive bonuses come out of your right pocket or your left.

And don't probe too deeply into whether the supposed wall between the cash shovelled into the bank accounts of Emera executives for the work they do for our own Nova Scotia Power electricity utility and the cash scooped into their pockets for the very different work they do for the larger entity called Emera is made of sand ... or gossamer.

Let us consider just dollars and percentages.

Last week, Emera — the parent company of Nova Scotia Power, the once-over-lightly regulated, essentially-a-monopoly utility — announced its annual orgy of buck passing to its top executives.

An Emera board committee — charged with deciding how much more to reward Emera's bosses in 2013 for doing what



URBAN COMPASS

**Stephen Kimber**

halifax@metronews.ca

they were already being paid very well to do in 2012 — decided CEO Chris Huskison merited 54 per cent more last year, which is to say his paltry \$3.1-million packet of salary, bonuses, options, pensions and perks in 2012 mushroomed into \$4.7 million in 2013... which is to say he made more than \$90,000 a week... which is to say he took home more than twice Nova Scotia's annual average industrial wage... every week.

How many Emera executives does it take to screw in a light bulb?

Well, Rob Bennett, Emera's COO, also sa-shayed out the door with \$1.4 million, 23 per cent more than the year before, and Nancy Tower, vice-president of business development, waltzed off with \$1.2 million, 43 per cent more.

The committee explained it had carefully calculated the bloated executive compensation provided to those in similar companies, and came to the conclusion Emera's executive pay

**Does everyone's pay increase?**

**"How about Nova Scotia Power's linemen and plant workers for ... oh, right, their jobs are being contracted out..."**

was not quite bloated enough.

Added company spokesperson Sasha Irving: "Based on company growth and strong results under (Huskison's) leadership, the committee made the decision to increase his compensation to be reflective of that."

Were executives the only one who contributed to that growth and strong results?

Did Huskison's secretary's salary increase by 54 per cent?

How about Nova Scotia Power's linemen and plant workers for ... oh, right, their jobs are being contracted out in order to contribute to Emera's good results, in order to generate Emera's executive bonuses... right.

## ZOOM

### Injured in Afghanistan, scoring in Russia



JUSTIN SETTERFIELD/GETTY IMAGES

#### Canadian Forces veteran scores

Canada's Dominic Larocque celebrates scoring during an ice sledge hockey game between Canada and Norway on Sunday at the Paralympic Games in Sochi, Russia. Larocque was an accomplished athlete growing up — even playing junior-A hockey for a time — before joining the Canadian military's famed Van Doo regiment in 2005. **THE CANADIAN PRESS**

#### Reminded of fateful day every morning

Larocque has no memory of the moment that changed his life forever.

While serving with the Canadian Forces in Afghanistan, an armoured vehicle carrying the young corporal drove over an improvised explosive device. The devastating blast on Nov. 27, 2007, shattered Larocque's left leg and required an

amputation above the knee.

Although he has no recollection of that fateful day, he's still reminded of it each morning.

"Every time when I wake up I think about that," said Larocque, now 26. "I have no choice." His main focus upon returning from Afghanistan was getting back in shape, but he saw an even brighter future after watching Canada's sledge hockey team in action.

**THE CANADIAN PRESS**

#### Sledge hockey

## 4-0

A big body that likes to do the dirty work, Larocque has already shown some scoring touch at these Games, recording two goals in Canada's 10-1 victory over Sweden in Saturday's opener.

Larocque was at it again on Sunday, scoring the game's first goal in Canada's 4-0 victory over Norway. Canada has an off-day on Monday before taking on the Czech Republic on Tuesday.

## WE ACT: CANADA DOES GOOD

Poetry behind bars

Canadians across the nation are up to a whole lot of good. Here's one we'd like you to meet.

**Who:** Nancy Van Styvendale, community-builder and educator

**What:** Inspired Minds, an all-nations creative writing program at the Saskatoon Correctional Centre

**Why:** "To build bridges and connect people across differences."

Poetry can't break bars, but Dr. Nancy Van Styvendale, an assistant professor at the University of Saskatchewan, argues that it does break down barriers. In 2011, with the support of Diann Block, the First Nations and Métis co-ordinator at the Saskatoon Correctional Centre, Van Styvendale volunteered to co-ordinate and teach creative writing and literature classes to small groups of inmates. These eight-week, volunteer-driven courses provide participants with a certificate of completion from the University of Saskatchewan.

#### What has been the most rewarding part of your involvement?

Within the larger context of the jail, there's the need to protect yourself and not let people in. What I love about



CONTRIBUTED

the program is that it creates a safe space where the men feel relatively confident sharing very personal things about their lives and struggles. And the other members of the class respect that and encourage their fellow classmates.

#### How has the program affected the participants personally?

Some of the men have experienced racism and were disenfranchised at school. So to provide an educational space that is positive, that makes people feel good about learning is super important. A lot of the men are interested in the certificate of completion, because they can use it when they are going on a job interview. It's a big deal for someone who doesn't have educational credentials.

**CRAIG AND MARC KIELBURGER**

**WE WANT TO HEAR FROM YOU:**

Send us your comments: [halifaxletters@metronews.ca](mailto:halifaxletters@metronews.ca)



Canadian Screen Awards

## Orphan Black and Call Me Fitz multi-award winners

The Nova Scotia-shot comedy series *Call Me Fitz*, about a morally bankrupt used-car salesman, was among the big winners at Sunday night's Canadian Screen Awards, taking home three awards during the TV broadcast.

Show star Jason Priestley won for best actor in a comedy series, while co-star Tracy Dawson won for best actress. The series also took home honours for best comedy series.

Space's sci-fi series *Orphan Black* received two wins, with show star Tatiana Maslany winning best actress in a dramatic role. Last year Maslany, a Regina native, was also nominated for a Golden Globe for her work on the series. *Orphan Black* also won for best dramatic series.

Among other TV winners were Hugh Dillon for best dramatic actor in *Flashpoint*, and Rick Roberts and Sook-Yin Lee for their performances as Jack Layton and Olivia Chow in the miniseries *Jack*.

Awards were also handed out for films, with Denis Villeneuve's *Enemy* winning five honours. Villeneuve was awarded best director, while Sarah Gadon won a supporting actress honour for her role. Best motion picture went to the French-language film *Gabrielle* with star Gabrielle Marier-Rivard winning the best actress award.

METRO, WITH FILES FROM THE CANADIAN PRESS

For a full list of Canadian Screen Award winners, visit [metronews.ca](http://metronews.ca).



# Juicy J's hustle continues

**Never Sober.** Busy rapper kicking it on tour, working on next album as collaborations climb Billboard chart

EMILY LAURENCE  
Metro World News

If there's anyone who deserves to do a little partying, it's Juicy J. His collaboration with Katy Perry, *Dark Horse*, is everywhere, including the top of the Billboard Hot 100 chart, and his new single, *Talkin' Bout*, with Chris Brown and Wiz Khalifa, is quickly creeping up too. We talk with the rapper about getting tipsy (count the number of times he says *Ciroc*) on his *Never Sober* tour.

**Right now, you're in the studio working on your next album, *The Hustle Continues*. What can people expect?**

It's about going from the 'hood to where I am now. I've been in the music game for over 20 years and won an Academy Award (in 2006 for *It's Hard Out Here for a Pimp* from *Hustle & Flow*). I still live a party and kicking-it life. I'm having a lot of fun right now, but I'm still working too.

***Dark Horse* is obviously killing it right now. What was it like working with Katy Perry?**

Katy Perry is a genius. She works hard just like me. Katy is in the studio every day and working with her was great. There were no problems at all.

**How did that collaboration compare with working with Miley Cyrus on *23*?**

Both of them work really



Juicy J: "I hustled all the way to the top and I'm partying my ass off right now. But I work hard too." MUSASHI ONO

hard. Miley's a genius too. She has a great voice. They're both very professional women.

**After *23* came out, there were all these rumours that Miley was pregnant with your baby.**

That was just funny. People are always going to spread rumours online that aren't true. Miley's like my little sister, man!

**This is the *Never Sober* tour. What's your signature drink?**

Right now, we have lots of *Ciroc* Vodka on the bus and some *Hennessy* and a couple bottles of champagne. If someone's coming to a Juicy J show, they would definitely drink some *Ciroc*. But don't drive. Let somebody drop you off or catch a limousine or something. You can drink some *Ciroc* or down some gin

and then have somebody drop you off. Or you can take Uber. I tried it and it's great.

**If your life was a video game, what would it be like?**

It would definitely be a hustle. You'd have to hustle your way to the top and then you party your ass off. That's what I did. I hustled all the way to the top and I'm partying my ass off right now. But I work hard too. We might be drinking some *Ciroc* on the tour bus, but I have a studio set up in there. I'm actually about to go make some beats right now.

**You collaborated with Chris Brown and Wiz Khalifa for your new single, *Talkin' Bout*. What are they like to hang out with?**

We're super cool. They're great guys. When we hang out, we just like kicking it,

popping bottles and enjoying life.

**What would people be surprised to learn about you?**

I manage myself. I'm very hands-on and am in all the meetings, on all the emails and do my own taxes. I have people who work for me, but I'm the head guy in charge and I run the show. I've been doing it my whole life.

When I was 13 years old, my mama was a librarian and I told her to check me out all the music books. I read 10 or 15 books because I wanted to know everything about the music business. A lot of artists just want to make music, get groupies and spend all the money, but that isn't what you're supposed to do. It's called the music business and it's a business at the end of the day.

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2 SCENE



## Ebooks



## Mother Nature Is Trying to Kill You

By. Dan Risken

Kindle/iBooks/Kobo



### MIND THE APP

Kris Abel  
@RealKrisAbel  
scene@metronews.ca

Zebras don't throw their friends under a bus, they throw them under a lion. Daily Planet's Dan Risken tears apart misconceptions about how benevolent and harmonious a natural lifestyle can be with this fascinating tour of animal politics, sexual savagery and brutal betrayal. Keeping things light, he uses the e-book's interactive footnotes to link in cool facts as witty asides.

# Prepare to explore Wild Canada

## The Nature of Things.

New doc series went to great lengths to capture the country at its most beautiful

Two Vancouver filmmakers behind BBC's Planet Earth have brought their focus home for Wild Canada, an upcoming documentary series that captures the rugged beauty of the country. Humpback whales, ice-capped mountainscapes and British Columbia's white-cloaked spirit bears will all appear in the series, set to premiere on CBC's The Nature of Things on March 13.

More than 500 hours of footage from Newfoundland to the Arctic Circle were distilled into four episodes of sweeping panoramas and close-ups. In one scene, a grizzly bear shakes off silvery droplets of snow, all of which can be seen in extreme detail thanks to the 10,000-frames-per-second camera used.

"I think we are really going to fill Canadians with wonder-



The Wild Canada series used a 10,000-frames-per-second camera to get close-ups such as this one of a grizzly bear. WILD CANADA

ment at the beauty, diversity and majesty that the Canadian landscape has to offer," said Mark Starowicz, CBC's executive director of documentary programming.

Wild Canada is the handiwork of adventure filmmakers Jeff and Sue Turner, who produced and directed the film.

The couple is renowned for nature documentaries, having shot film for BBC's Planet Earth and Frozen Planet series. "The scope of the project was the biggest thing we have ever done," said Jeff Turner.

RED Epic cameras — the same equipment used to film The Hobbit — allowed the crew

to shoot the series in extremely high definition. For remote locations, drone helicopters equipped with tiny cameras were manoeuvred from the sky. "Those cameras are all about capturing nature at its most beautiful, like it actually is. We were able to show it in a more realistic way," Turner said. The

## Raising a personal bar

"The scope of the project was the biggest thing we have ever done."

Jeff Turner, adventure filmmaker

crew of about 20 traversed Canada during the two-year filming period. Turner said that one of the highlights was shooting the never-before-filmed landscape of northeastern Ellesmere Island. To get there, they piggy-backed on a vessel with government scientists.

"We wanted to try to show the remote Canadian Arctic as it might have existed thousands of years ago. That's one corner of the world where you can still see that," he said.

The imagery will be split into four episodes, each zeroing in on one region: the East and West Coasts, the Prairies and the North. David Suzuki narrates the story, which explores how humankind has changed the face of Canada's landscape since the end of the ice age.

TORSTAR NEWS SERVICE





Gwyneth Paltrow ALL PHOTOS GETTY IMAGES

## 'Princess' Paltrow's past comes back to haunt her

Poor Gwyneth Paltrow. As if it weren't enough to have her opinions and actions as an adult criticized, now former middle school classmates are saying that she's always been difficult. "Gwyneth always seemed like she thought she was better than the rest of us," a former classmate tells Radar Online. "She was in a play where she had the princess role and she told another girl in school that 'of course' she was playing that role because she was a princess and

the other girl was not and that's why she didn't get the role. No one was surprised. She was so smug, even back then." And that old reputation is apparently still haunting her now that she and her family live in L.A. again: "A group of women that didn't get along with Gwyneth back in the day want nothing to do with her now," the source explains. "They still live in L.A. and have no interest in hanging out with her or being friends at all."

## Is Robin missing his wife or enjoying single life?

It looks like all of Robin Thicke's yearnings for a reconciliation with estranged wife Paula Patton — which he's made a regular part of his concerts on his current tour — might just be for show. The Blurred Lines singer has seemed contrite and lovesick on-stage, but



Robin Thicke

off-stage he's reportedly been having a great time and visiting strip clubs, according to Radar Online. And at his most recent tour stop he was spotted without his wedding ring.

### Twitter



@pattonoswalt

So, starting at 2am we set our calendars to Christmas except it's "summertime Halloween" Christmas with still some snow?



@ParisHilton

What's the best beach in the Philippines?



@mindykalig

Austin is full of bats and cold rain so far



## Selena continues to Belieb Justin is the one for her



Selena Gomez

It looks like Selena Gomez can't quite quit Justin Bieber no matter how much trouble he encounters. The former Disney star is fuelling speculation that she and Bieber are back together after being spotted by fans having breakfast together in McAllen, Texas, late Friday morning, according to Valley Central. Gomez was in the area for a performance the following night at Border-Fest, and Bieber apparently flew in to join her after giving a deposition in Miami in a lawsuit brought against him by a photographer.

## Neeson's Bond with late wife was worth more than playing the man himself

Liam Neeson's career could've gone very differently if it weren't for late wife Natasha Richardson, the Taken star reveals. Neeson tells the Hull Daily Mail that he was offered the role of James Bond early in his career, but then-fiancée Richardson wasn't having it. "I was heavily courted, let's put it that way, and I'm sure some other actors were too," Neeson says. "It was about 18 or 19 years ago and my wife-to-be said, 'If you play James Bond we're not getting married.' And I had to take that on board, because I did want to marry her." The 007 franchise went with Pierce Brosnan instead, and Neeson and Richardson tied the knot in 1994.

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### Pop goes the week

## Hats a lot of loot for Pharrell's Grammy head gear



STARGAZING  
Malene Arpe  
scene@metronews.ca

Arby's bought Pharrell's Grammy hat in a charity auction for \$44,100 US. Wendy's is still trying to buy Julianne Moore's hair.

Olympic ice dancing gold medal winners Meryl Davis and Charlie White will be competing on Dancing with the Stars. That's really too bad for you, Canadian contestant Sean Avery.

This week in wooing:



over Christmas says that a Vicodin-popping Charlie punched a hole in the wall, signed his name under the hole and then took off his shorts and set them on fire before offering the visitor \$10,000 US for a kiss. "See," says Justin Bieber to his team, "we still have a really long way to go until we are where we want to be."

Katie Holmes has closed her five-year-old fashion line. There was no reason for her to pretend she has to leave the house to make clothes now that she can come and go as she wants.

Bobby Brown says he didn't know his daughter Bobbi Kristina got married. In his defence, he also doesn't know where he lives, what his favourite food is or if he still has a prerogative.

1) Robin Thicke is waging a public campaign to win back wife Paula Patton by singing songs about her. 2) Justin Bieber is Instagramming pictures of ex Selena Gomez with the caption "most elegant princess in the world." 3) John Travolta is still trying to get Adele Dazeem to call him.

A tattoo artist who visited Charlie Sheen's hotel room



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3  
LIFE

# Magic jars ease money jam

**Control.** Putting a lid on variable expenses is a simple yet effective way to manage money



**GAIL VAZ-OXLAIDE**  
Gail blogs daily at [gailvazoxlade.com](http://gailvazoxlade.com)

One of the biggest surprises to come out of Til Debt Do Us Part was the number of people who put themselves on The Magic Jars as a way of managing their money. Determined to do something differently, they saw the jars as a way of taking control of their money. Some people, however, seem to have difficulty figuring out where the money for the jars comes from. It's as if they think this is extra money, not money they would have been spending all along.

The money that goes into the jars is the money that you would have been spending on things like gas, food, clothes, entertainment and medical costs — all your variable expenses. It's not extra money.

While the jars make the whole money management thing very concrete, the place to start changing your money management is not with the jars. It's with a balanced budget. You can't actually make the jars work for you if you don't start by making a budget that balances.

Head of over to my website at [gailvazoxlade.com](http://gailvazoxlade.com) and find



Money jars provide a clear view of how to live within your means. ISTOCK

the Interactive Budget and the instructions, Gail's Guide to Building a Budget. Follow the instructions and make a budget that balances. You can't have a negative number at the bottom. The budget has to balance.

If you can't make it balance, either your expenses are too high or your income is too low. Start by cutting out everything that isn't essential to keeping body and soul together.

Cable, cell phone and telephone bills are one place to look. Turn down your thermostat and put on a sweater to save on heating costs. Get rid of a car you simply can't afford to keep. If that's not

enough, then you're going to have to find a way to make more money.

OK, now we come to the jars. The Interactive Budget Worksheet will tell you how much should be going into each of the jars. This money is your variable spending. Assuming you've balanced your budget, you now know how much to pull from your bank account each week for the jars. If you're deeply in debt and must commit a significant portion of your income to debt repayment, some jars, like "clothing and gifts" may remain empty until you're back in the black.

All the rest of your money stays in your bank account to

be used to pay your bills. Your mortgage or rent is a fixed expense. Ditto your car payment, insurance, childcare.

Two more things: First, if you can't figure out how much you should be putting toward debt repayment, use the Own Up to Your Debt Worksheet on the website as a quick way to determine how much should be going toward your debt repayment. If your hole is deep, you may have to allocate 30, 35 or 40 per cent of your income to debt repayment; whatever it takes to get you out of the red within three years or less. If it looks like it's going to take longer, or your debt repayments are throwing your budget off kil-

ter, your only option will be to make more money.

Second, you can't sacrifice savings in the name of paying your debt off faster. Sorry, that's cheating. You have to set aside a little sumthin' sumthin' each month for emergency and retirement savings so that you're working with a balanced plan.

I know there are those who believe you should pay off all your debt before you start to save. I don't agree. If you don't start the habit of long-term savings today, you may not ever start. Ever heard of inertia? That's the thing that keeps a body that's at rest, at rest until something acts upon it. It also keeps a body in motion, in motion. If you aren't saving today, you're a body at rest.

Lots of people all over the world are using the jars. I'm really surprised that such a simple and really old idea has caught on in such a big way. Perhaps it's because the jars really work. I haven't given them to a single family that hasn't had money left in the jars at the end of my time with them, despite my having dramatically cut their budgets.

Determination is a big part of success. If you're at all wishy-washy about what it'll take to get you out of debt and live within your means, if you just can't work up the guts to do things differently, it won't be the jars that failed.

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METRO CUSTOM PUBLISHING

## Tax Talk



### Need Advice?

**Caroline Battista**  
Tax Analyst at H&R Block

**H&R BLOCK**

## U.S. Citizens Need To File With The IRS And Employment Expenses Are Probably Not A Tax Break

**Q**

I use my phone for work? Can I claim a portion of my bills?

**A**

Probably not. It usually has to be part of your employment contract before you can claim it. And your employer has to give you a signed T2200 Form in order to claim employment expenses like cell phones. But if you have a T4, you should be able to claim the Canada Employment Amount, which is about \$168 in tax savings. This credit was meant to help with some of the costs of having a job, like parking, dry cleaning and cell phones.

**Q**

I was born in the U.S. but my parents moved to Canada when I was 5. Do I have to file a U.S. return?

**A**

It depends on your income but the answer is probably yes. Unless you formally renounce your U.S. citizenship, the IRS expects U.S. citizens to file a tax return if you earn over a certain amount. Don't worry, the U.S. Canada Tax Treaty means you won't pay double the tax, but you need to file a return. And if you have assets of more than \$10,000 at any point during the year, you need to file a Financial Bank Account Report with the Treasury Department by June 30 or face penalties.

Visit [hrblock.ca](http://hrblock.ca) for a location near you



# No, you don't have an app for that

**Don't quit your day job.** Developer warns that odds of creating the next Flappy Bird are likely no better than winning the lottery

Convinced you've got a brilliant app idea that would surely make you rich if you could just learn to code?

Think again before quitting your day job, warns Matt Coombe, co-founder of the Toronto-based app development company Get Set Games.

While he in no way discourages aspiring app makers from getting into coding, he warns it's getting harder and harder to get noticed in Apple's crowded App Store and the Google Play marketplace for Android apps.

"I think the gold rush is over," Coombe says during an interview at the company's downtown loft-style office space, which features trendy reclaimed wood furniture and the requisite well-stocked staff kitchen.

"In the early days, it was basically, if you could make a decent app and get it out on the App Store, you had a very good chance for success. You wouldn't necessarily become a millionaire overnight but you could make a decent salary for yourself.

"I think those days are over because there's so



You may have the code down to a science, but do you have the skills to put together a completely unique product? ISTOCK

much quality out there. There's absolutely an opportunity there. It's still available and people are still doing really great stuff and having a lot of success, but it's a lot harder."

Get Set Games' Mega Jump 2, for example, is a so-called freemium game, which means it's free to download but users can opt to pay for some add-ons that make playing a little easier.

The original Mega Jump wasn't free when it first launched but Coombe says the development team even-

tually decided that adopting the freemium strategy was the best way to go.

Too many users had decided that even 99 cents was too much to pay for an app. Now Coombe hopes that maybe five per cent of the users who download his games will opt to pay for in-game purchases. For a game that's massively popular, the revenue from those five out of every 100 users can add up.

"There are a couple of really great things about making free apps. One is you

absolutely get to reach out to the most people possible with zero barrier to entry. Everyone is willing to give your game a try," Coombe says.

"That means your download numbers and people who get to know about your game and your brand are several orders of magnitude larger than a paid app. The second thing is, when you have a large user base and a lot of people playing your games, then you get to introduce those same people to your next games and your

## Not-so-lengthy life spans

Matt Coombe knows firsthand that even if an app can stand out from the crowd and become a hit, maintaining a top chart position is extremely difficult.

- Get Set Games first topped the charts in 2010 with its game Mega Jump and recently released a sequel, which also went to No. 1.
- Featured status by Apple helped push Mega Jump 2 to the top of the overall iPad app charts in both Canada and the U.S. within days of its release. It took overall top spot in 32 countries and in the arcade game category it ranked No. 1 in 100 countries.
- But within a couple of days the descent on the charts began and by week's end, it had dropped dozens of positions in Canada and the U.S.



The characters of Mega Jump  
GET SET GAMES

next games, which is obviously a fantastic way to market your whole (roster) of games."

But Coombe says he's starting to come around to the idea of releasing games with a price tag again, partially because it seems some consumers are getting sick of the freemium concept and being nagged into paying for upgrades.

"We're definitely a freemium-based company but that's not to say there aren't more and more reasons becoming apparent to start

really thinking about potentially making a high quality paid app.

I think we're starting to see ... people are starting to yearn a bit more for paid apps that are perhaps \$4.99 or \$9.99 because it's the game experience they want, they're willing to pay upfront to not be bothered with all that stuff," he says.

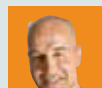
Coombe says it seems like a large proportion of people are willing to start paying money for apps if they feel they'll get value from it.

THE CANADIAN PRESS

## 'Round the world wisdom

### Don't be fooled by where your finish line falls

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.



LESSONS FROM THE DESERT  
Stéfán Danis  
life@metronews.ca

I woke up on the last day of my six-day Gobi desert

race having completed six marathons in five days and facing a measly 10-kilometre race to the finish. How hard could that be? "Done," I thought.

With this conclusion, having run a tough long race perfectly, I decided it was time to relax and celebrate. Nearby our camp was a beautiful meandering river and I couldn't resist its siren call. I decided to go clean my gear, and before I knew it, I jumped in too: it had been five days of collecting dust and not having washed. As extreme distance runners usually tape up various body parts to reduce chafing and blistering, and I then de-taped my mummified shoulders, back, chest, and feet. Free at last! It was heaven.

It was as if the universe had heard me and con-

curred: I had checked out emotionally and, 30 minutes later, so did my body. I imploded. My nose started to bleed, my toes got infected, my body started to shut down and only an aggressive cocktail of antibiotics allowed me to make it to the start line. After running hard for 240 km, I painfully walked the final 10 km, pulled by another racer for most of it. I finished almost last and lost precious positions in the overall rankings.

In the desert as in life, I have witnessed that smelling a finish line is an euphoric experience which can often be mistaken with actually crossing the finish line.

STÉFÁN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

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# There's not a dry eye in the house when this meat loaf performs for supper



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## FLASH FOOD



From your fridge  
to your table in  
30 minutes or less

Meatloaf has always been a classic family favourite. It's about time we add some pizzazz to this traditional dish.

Using ground chicken or turkey is a leaner way to go. Four ounces of ground chicken have only 108 calories and one gram of fat compared to regular ground beef, with its 310 calories and 20 grams of fat!

I take the ground chicken mixture and layer it, using roasted red peppers, sun-dried tomatoes and Monterey Jack cheese. This not only adds flavour but is also beautiful when sliced.

For a variation, you can try making mini meat loaves by using either a muffin cup mould or mini loaf pan. Divide mixture into 12 servings.

The key to cooking poultry

## Ingredients

- 1 1/2 lb ground chicken
- 1/2 cup seasoned dry bread crumbs
- 1 1/2 tsp finely chopped garlic
- 1 large egg
- 1/4 cup finely chopped yellow onion
- 1/4 cup ketchup
- 1/2 tsp dried basil
- Pinch of salt and pepper
- 1/3 cup finely diced green onions
- 2 oz roasted red pepper, chopped
- 1/4 cup diced rehydrated sun-dried tomatoes
- 1/2 cup shredded Monterey Jack cheese or white aged cheddar
- 2 tbsp grated Parmesan

is to be sure it's always baked thoroughly, reaching an internal temperature of 165 F. I like to use the digital instant thermometer probe. Just pre-set it to 165 F and insert into the middle of the loaf until temperature is met.

You can buy roasted red bell peppers in water packed in a jar or roast a small red pepper cut into quarters in a 425-



**COOKING  
TIME**  
22 MINUTES

This recipe serves six. MIKE MCCOLL, FROM THE BEST OF ROSE REISMAN (WHITECAP BOOKS)

## Nutritional information

### Per serving

- Calories. 280
- Carbohydrates. 13 g
- Fibre. 1.8 g
- Protein. 22 g

- Total fat. 14.3 g
- Saturated fat. 4.9 g
- Cholesterol. 130 mg
- Sodium. 420 mg

F oven for 15 minutes or just until the skin blisters. Remove the skin and chop.

## Directions

1. Preheat the oven to 425 F.
2. In a bowl, combine the

ground chicken, bread crumbs, garlic, egg, onion, ketchup, dried basil and salt and pepper until well mixed.

3. Pat half the chicken mixture into the prepared loaf pan. Sprinkle with the green

onions, red pepper and sun-dried tomatoes.

4. Mix Monterey Jack and Parmesan cheeses and add all but 2 tbsp of cheese mixture to the loaf. Pat the remaining chicken mixture over the filling.

5. Bake for about 20 minutes or until the interior temperature reaches 165 F. Sprinkle with remaining cheese and bake 2 minutes or until cheese melts.

THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN

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QMJHL

## Drouin-less Moose keep wining

The Halifax Mooseheads made up for a suspect effort on Thursday with a shut-down performance on Saturday, blanking the Saint John Sea Dogs 4-0 before 5,824 fans at Harbour Station.

Limiting the Sea Dogs to just four shots per period, the Mooseheads dominated from the get-go, cruising to their 10th straight victory of the season.

Philippe Gadoury led the Mooseheads with a pair of goals, while Connor Moynihan and Darcy Ashley added singles.

The Mooseheads improve to 44-18-0-3 and sit third in league standings, four points behind No. 1 Baie-Comeau Drakkar.

Jonathan Drouin was out of the lineup due to illness.

The Mooseheads hit the road Tuesday to take on the Charlottetown Islanders. **METRO**

CIS championship

## Ravens find redemption over Ottawa rivals

The Ottawa Gee-Gees were the only team in Canada to beat Carleton this season.

The Ravens weren't about to let it happen again.

Carleton picked up its fourth straight national men's basketball title, and 10th in the last 12 years, with a 79-67 victory over its crosstown rival on Sunday.

"Ottawa is a good team, you have to give them credit," said Carleton's Tyson Hinz, who was named the tournament's most valuable player. "That's by far the best team I've played in my five years here."

The Gee-Gees upset the Ravens last week in the Ontario University Association final. That just riled up the most successful CIS basketball team of the last 12 years.

"It was pretty easy to get motivated after a loss," said Hinz, who led all scorers with 30 points. "I'm so happy for the guys. I'm happy we got the win."

The Saint Mary's Huskies suffered an early exit from the nationals, falling 72-62 in the opening game on Friday. **THE CANADIAN PRESS**

# Peters stands tall as Huskies stay alive

**AUS final.** Saint Mary's comes up with a gutsy effort to keep its championship hopes in business



**ANDREW RANKIN**  
andrew.rankin@metronews.ca

Without question, Mike D'Orazio thinks Anthony Peters is the Saint Mary's Huskies MVP, he'll just never say it to his face.

But, he could have been tempted Sunday evening.

Peters was once again stellar between the pipes, leading the Huskies to a grinding 2-1 victory over the Acadia Axemen, who were denied a chance of being crowned AUS champions before an electric crowd of 3,203 fans at the Halifax Forum.

"I tell the media all the time that he's the heartbeat of our team," said the all-star defenceman. "He made three or four big saves tonight that should have been goals. He's the reason we're here."

Now Peters and Co. will attempt to even the best-of-five series at two games a piece in front of hometown fans on Monday night.

By no means was Peters shell shocked; he made a



Acadia Axemen's goaltender Evan Mosher deflects a shot from the Saint Mary's Huskies' Stephen Johnston during AUS men's hockey playoff action at the Halifax Forum on Sunday. **JEFF HARPER/METRO**

modest 24 saves. But he was rock solid, even spectacular when he needed to be. Like, when he shutdown an Axemen 2-on-0 with a sprawling pad save that kept the game scoreless.

He kept it that way until finally Lucas Bloodoff broke

the deadlock with just under five minutes left in the middle frame. His shutout was still intact when Stephen Johnston made good on a five-on-three Huskies power play eight minutes into the final frame.

Michael Clarke finally solved the 23-year-old net-minder with just over three minutes left in regulation time. But by then it was too little too late.

Being his modest self, Peters was quick to call the victory a team effort.

"You see it, a real resiliency

that we have," said Peters. "And the adversity we've faced all year I think is really helping us now. We're keeping a very simple approach: Be prepared, work as hard as we can and have fun doing it."

D'Orazio, who has been fighting an injury-riddled post season, has embraced another chance to keep his team's improbable run alive.

"Everyone doubted us during the season," he said. "Finally when push comes to shove we're still here, but it's not over."

Quoted

**"It's a great rivalry that brings the best out of both teams."**

Huskies goaltender Anthony Peters

## Unstoppable. Lady Huskies repeat as AUS champions



The Saint Mary's Huskies celebrate their 76-63 win over St. Francis Xavier at UPEI in Charlottetown Sunday. **BRIAN MCINNIS/CHARLOTTETOWN GUARDIAN**

The Saint Mary's Huskies are the Atlantic University Sport women's basketball champs for the second year in a row.

The Huskies continued their perfect season (22-0) with a 76-63 victory over the St. F.X. X-Women Sunday in Charlottetown in a rematch of last year's title game.

"Every team in the conference wants this moment," said MVP Justine Colley, who led the Huskies with 22 points, 13 rebounds, eight assists, two steals and a block. "We worked so

hard for it all year long."

Rachelle Coward added 23 points and five rebounds to help the Huskies win the third AUS championship in the university's history. They also won in 1976-77.

"It's just an amazing feeling. It's indescribable," Coward said moments after the final buzzer sounded and the players celebrated the victory.

The Huskies head to Windsor this weekend to fight for a national title. **JASON MALLOY/CHARLOTTETOWN GUARDIAN**



# Rainmen in a groove and hoping to finish job

**NBL playoffs.** Upset over Saint John has Halifax hoopsters confident heading into semifinals



**ANDREW RANKIN**

andrew.rankin@metronews.ca

With the game clock winding down and his team up by 20 points, a joyous smile spread across Craig Hodges' face as he wheeled around to greet each of his bench players with a high-five.

Why not?

The Halifax Rainmen's head coach had guided a group of heavy underdogs to an emphatic three-games-to-one quarter-final series victory over the Saint John Mill Rats — the Atlantic division's top team.

After Sunday's 123-102 victory, 1,710 fans at the Metro Centre were on their feet, saluting a dominant performance by the home squad, which hobbled into the postseason with a 14-30 record.

"When the playoffs start, that's when it starts," said Rainmen forward Jason Williams, who finished with a team-high 26 points.

"We finally found our groove. We believed in each other. We learned how to finish. What I mean by finish is kill a team like we killed them today."

That moment arrived with just over six minutes remain-

## Quoted

**"We killed them and they didn't want to play anymore."**

Rainmen forward Jason Williams

ing in the third quarter with the Rainmen, who shot 60 per cent from the field, up by 10 points. Chris Matthews' back-to-back three pointers were the killer.

From there, the Rainmen went into shutdown mode, limiting the Mill Rats to 40 per cent shooting from the field.

"It feels awesome," said Rainmen forward Tim Parham, who collected 11 points and eight boards. "Jason stepped up today, Chris stepped up, and everybody stepped up. When everyone's clicking at the same time we're unstoppable."

Anthony Anderson led the Mill Rats' disjointed offensive attack with 42 points. Former Rainmen Eric Crookshank picked up a dozen points in a losing cause.

In defeat, he tipped his hat to the better team.

"Craig Hodges has them playing exceptional basketball," said Crookshank. "They did a great job of maintaining their composure and beating us."

The Rainmen will now face the Island Storm in the semifinals.

Williams and Co. are ready for another upset.

"We're ready to put it all on the line," said Williams. It's a brand new season.



The Rainmen's Brian Addison dunks during NBL quarter-final playoff action against the St. John Mill Rats at the Halifax Metro Centre on Sunday. JEFF HARPER/METRO

## HNIC

### Strombo to step into MacLean's shoes, TSN reports

George Stroumboulopoulos will reportedly be the next host of Hockey Night in Canada.

TSN's Bob McKenzie tweeted the host of CBC's George Stroumboulopoulos Tonight will become the face of the show when Rogers Communications Inc. takes control of Canada's NHL broadcasting rights next season.

McKenzie also reports the Coach's Corner segment will continue another two years.

McKenzie says Ron MacLean will still be involved with a reduced role. **THE CANADIAN PRESS**

## Spring training

### Dickey strong in Jays loss to Astros

R.A. Dickey pitched five shutout innings Sunday before the Houston Astros came back to beat the Toronto Blue Jays 4-3 in an exhibition game.

Dickey threw 82 pitches in five innings in his third spring start, giving up four hits and a walk while striking out four. **THE ASSOCIATED PRESS**

## NHL

### Panthers rolled over by Bruins

Torey Krug scored the go-ahead goal in the third period and the Boston Bruins won their season-high fifth straight with a 5-2 win over the Florida Panthers on Sunday.

Chris Kelly, Jarome Iginla, Patrice Bergeron and Andrej Meszaros also scored for Boston.

**THE ASSOCIATED PRESS**

## Not pulling any punches



**"A couple things need to change if I come back.... Whoever wins, I don't care. I just watch it as a fan."**

Georges St-Pierre, the former UFC welterweight champion who is on hiatus from fighting, gives a slight edge to Johnny (Bigg Rigg) Hendricks over (Ruthless) Robbie Lawler in the championship match for the vacant title at UFC 171 on Saturday.

**TOP SIX @ 6**  
Weeknights at 6 KB counts down the HOTTEST songs of the day

- 6 Ellie Goulding - Bum
- 5 Jason Derulo - Talk Dirty
- 4 Pharrell Williams - Happy
- 3 A Great Big World ft Christina Aguilera - Say Something
- 2 Pitbull ft Ke\$ha - Timber
- 1 Lorde - Team

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# Koe and Co. shine brightest in Brier final

Kevin Koe denied Kamloops native son Jim Cotter the big prize Sunday, as Alberta scored three three-enders to beat B.C. 10-5 at the Canadian men's curling championship.

B.C. beat Alberta in the 1-2 game to move straight to the final and opened well with a deuce in the first end, setting the sellout hometown crowd of fourth stone Cotter on loud at the Tim

## Brier final

**10**

Alberta

**5**

B.C.

Hortons Brier.

But the Calgary foursome responded with a three in

the second end after B.C. skip John Morris was heavy and rolled through.

Cotter did the same thing in four when he flashed on a freeeze attempt, had to draw for one and accomplished that only by a slim margin.

In five, with rocks scattered around the 12, Cotter lost his shooter, letting Koe gently tap a B.C. rock back to score another three.

**THE CANADIAN PRESS**



## Horoscopes

### Aries

March 21 - April 20

The planets are encouraging you to break out of a rut and live closer to the edge for a while. Security is all well but an Aries needs excitement too, so do something out of the ordinary this week.

### Taurus

April 21 - May 21

Speak your mind today. If certain people don't like it that's just too bad — in fact it's a good sign. Jupiter in the communications area of your chart indicates your words will have the desired effect.

### Gemini

May 22 - June 21

Challenges keep coming, and you keep dealing with them in your own way. There are few things that faze you and what life chooses to throw at you over the next seven days, you will handle it with ease.

### Cancer

June 22 - July 23

You will be at your best this week. Jupiter in your sign makes all things possible and, more importantly, makes you believe all things are possible. If you possess self-belief, there is nothing you can't accomplish.

### Leo

July 24 - Aug. 23

Try not to commit yourself to anything that can't be changed at a moment's notice. The planets are unsettled, so be prepared to drop what you are working on and start something new and exciting.

### Virgo

Aug. 24 - Sept. 23

No matter what problems you face over the next few days, you'll be able to deal with them. Get them out of the way quicker by asking for help.

### Libra

Sept. 24 - Oct. 23

You will make an impression over the next seven days but will it be of the right sort? That depends on how well you get along with the people you work with and for. Be confident but not arrogant.

### Scorpio

Oct. 24 - Nov. 22

You won't have to work hard to get what you want this week. With both Sun and Jupiter on your side, others will happily provide you with whatever it is that is good for you.

### Sagittarius

Nov. 23 - Dec. 21

Doors that have been closed to you in the past will start to open over the next few days but for some reason you may decide not to walk through. Even if you cannot explain your reluctance, listen to what your inner voice tells you.

### Capricorn

Dec. 22 - Jan. 20

Don't get carried away with your success. The current cosmic picture makes most things possible for you but that does not mean you should try to do everything.

### Aquarius

Jan. 21 - Feb. 19

You may have to force yourself to be enthusiastic about what has to be done today but it will be worth the effort. By midweek, everyone will be patting you on the back.

### Pisces

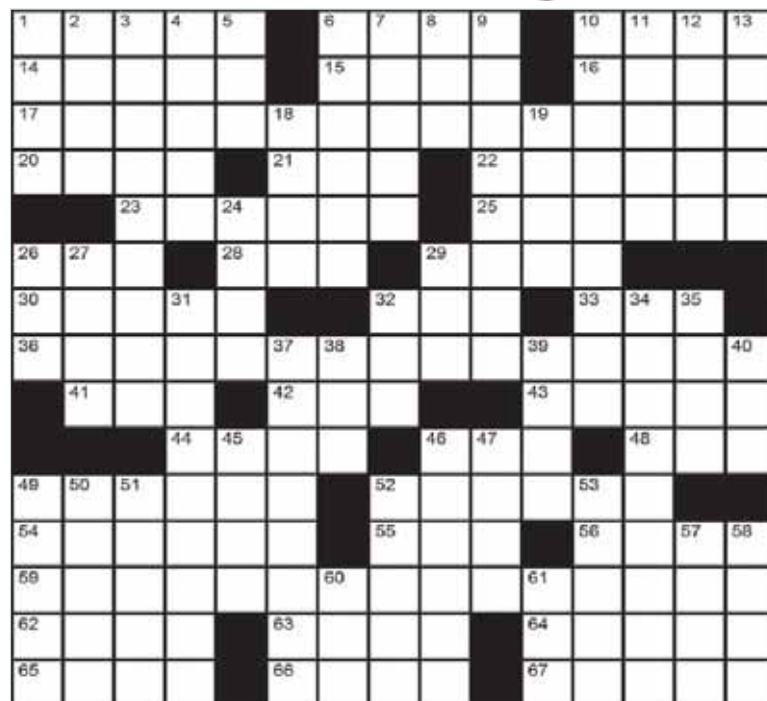
Feb. 20 - March 20

Is what you are doing with your life what you want to be doing? If not, think about what changes you can make to bring your reality in line with your dreams. Jupiter makes all things possible. SALLY BROMPTON

## Crossword: Canada Across and Down

### Across

1. Kootenays village in British Columbia
6. Phone
10. Li'l Abner cartoonist Al
14. Consuming-food person
15. Amazon Rain-forest berry
16. Ancient concert sites
17. Neurologist who, in 1992, became the first Canadian female astronaut in space: 3 wds.
20. Traverse
21. Baseball stat.
22. Tempt
23. Manitoba town north of Winnipeg
25. Poured
26. Scottish "Geel!"
28. Eggs-layer
29. Ms. Arden
30. Body
32. Tone\_\_\_ (Rap star)
33. Martian's maneuver-ee, minutely
36. Colgate containers: 2 wds.
41. Caustic solution
42. Free
43. "Oh My Darling, Clementine" part: "... excavating for \_\_\_."
44. "\_\_\_ Dead II" (1987)
46. Ad \_\_\_ committee
48. ISP, e.g.
49. \_\_\_ and onions (Frying pan partners)
52. Reality star Heidi
54. Highest orbital



### Down

2. 50+ org. in The States
3. Ontario municipality near London, \_\_\_-Caradoc
4. Sierra's partner
5. Sphere
6. \_\_\_-14 dating
7. Singin', Dancin' and what else?
8. One of the Teletub-
9. 'Mr. Showmanship' played by Michael Douglas
10. Canadian Sci-Fi show on Showcase
11. Contribute to the mix: 2 wds.
12. Tranquility
13. Did apple prep work
14. "I'm in trouble now!": 2 wds.
15. "Open up! This is the..." sayers on TV: 2 wds.
16. Vintner's prefix
17. Store's info-for-purchasers item: 2 wds.
18. Feel awful
19. Diplomacy
20. Salt, in Paris
21. Contends
22. Little Jack \_\_\_
23. Blood type: \_\_\_
24. Big fishing hooks
25. Anton Ohno
26. Cathedral city in northern France
27. MTM's second 'M'
28. Skirt style
29. Marriage ceremony exchanges: 2 wds.
30. "It should come \_\_\_ surprise..."
31. "Norma \_\_\_" (1979)
32. Dog's tail movement

See today's answers at [metronews.ca/answers](http://metronews.ca/answers).

BY KELLY ANN BUCHANAN

## Friday's Crossword



## Sudoku

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

## Friday's Sudoku



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# O'REGAN'S DARTMOUTH HYUNDAI

# MARCH MADNESS

**5**  
LEFT



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**SAVE  
\$3000**

2013 ELANTRA 4DR

NOW  
**\$14,199\***

**SAVE  
\$3000**

**5**  
LEFT



2013 GENESIS CPE PREM

NOW  
**\$27,199\***

**SAVE  
\$2750**

**3**  
LEFT



2013 SANTA FE XL LTD

NOW  
**\$39,549\***

**SAVE  
\$3000**

**2**  
LEFT



2013 SONATA GL 4DR

NOW  
**\$19,499\***

**SAVE  
\$4500**

**2**  
LEFT



**3**  
LEFT



2013 VELOSTER

NOW  
**\$17,049\***

**SAVE  
\$2650**

**1**  
LEFT



2013 GENESIS SEDAN

NOW  
**\$35,499\***

**SAVE  
\$9500**

**3**  
LEFT



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NOW  
**\$20,399\***

**SAVE  
\$2500**

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